



## ENTRY GUIDE

The 2026 Lifesaving World Championships & LiveHeats are super excited to partner together again to provide the end-to-end technology solution for a Life Saving World Championships event. This entry guide have been created for your convenience, to ensure you can easily follow along or revert back for assistance while you are entering athletes and teams for the LWC 2026

### **Key:**

"Interclub" events = athletes participating for their club. E.g., Alexandra Headland SLSC

"National Team" events = athletes participating for their country. E.g., New Zealand

### **Overview**

Chapter 1	General information
Chapter 2	Eligibility rules and right to compete
Chapter 3	Individual entries Team entries Appointing team managers to teams in your organization
Chapter 4	Completing pool nominations

## Chapter 1: General information

### Rules and regulations

The last updated version of the competition rulebook can be consulted on the ILS and/or LWC website:

<https://www.ilsf.org/wp-content/uploads/2025/10/ILS-2025-Competition-Rulebook-Final-081025.pdf>

The last updated version of the championship handbook can be consulted on the ILS and/or LWC website:

<https://www.ilsf.org/wp-content/uploads/2026/01/ILS-LWC-2026-Handbook-Final-160126.pdf>

### Important points

1. All data is GDPR compliant.
2. Things that you should definitely **prepare in advance** and make available:
  1. **Determine** who the team manager LH will be, as this is the only person who can make changes afterwards (name and email).  
The team manager LH can differ from the team manager on site.
  2. Overview of **all participants** (Date of Birth, full name, email address,...).
  3. Payment card (**VISA**)
  4. **Documents**
    1. Endorsement by the federation.
    2. ADEL: mandatory for some countries, recommended for all others.
    3. Proof: driver's licence, "veteran", ...
    4. Written proof when not a Full Member (Associate or Corresponding Member)
3. Normal entry dates **01 February 2026 – 30 October 2026**

	01/02-01/09x	01/09-23/10	23/10-30/10
	Normal	Late	Very Late
National Teams Open			
• Per individual	110	150	200
• Per team (at least 4 competitors)	430	460	550
National Teams Youth			
• Per individual	110	150	200
• Per team (at least 4 competitors)	430	460	550
Interclub Teams Open			
• Per individual	110	150	200
• Per team (at least 4 competitors)	430	460	550

Interclub Teams Youth			
• Per individual	110	150	200
• Per team (at least 4 competitors)	430	460	550
Masters			
• Per individual	110	140	200
• Per team (per team of at least 4 competitors in the pool and 3 at the ocean)	300	350	400
IRB National Teams			
• Per individual	90	120	200
• Per team of at least 3 competitors	300	350	400
IRB Interclub Teams			
• Per individual	90	120	200
• Per team of at least 3 competitors	300	350	400
Surfboat			
• Per team of at least 5 competitors	350	400	450
2km Beach Run and 3x1km Beach Run Relay			
• Per team of 3 people	90	120	200
Extra Individual Events			
• Per individual	90	120	200
Entry fees for developing nations (discount code required)	50%	50%	50%

Beside the registration fee, some additional cost must be taken in account:

	Mandatory	Optional
High visibility vest (20€)	Ocean events	All other, but there is the opportunity to order (1 or more) additional vests.
Wristband (5€)	Ocean events	All other, but there is the opportunity to order (1 or more) additional wristbands.

#### 4. Refund policy

There is a refund policy in case of cancellation of the registration:

Dates	Calendar	Percentage
Before 90 days	Before 31/07/2026	100%
Between 90 days and 60 days	Between 31/07/2026 and 31/08/2026	75%
Between 60 days and 30 days	Between 31/08/2026 and 30/09/2026	50%
After 30 days	After 30/09/2026	No refund

Except for the administration fee.

5. Individual and team events are done **separately**.
6. You **MUST** enter individuals before entering teams!
7. **Confirmation mail**  
After completion of the registration you will receive a confirmation mail, overviewing all details.  
This will also include a link to upload **all required documents within a timeframe of maximum 30 days**.  
Should any team manager fail to submit the required documents by the due date the registered athletes **may be ineligible to participate** at the LWC 2026 Championships.
8. **Pool qualification times** are submitted via a form, the link for which is automatically emailed to you once you have completed your entries (approximately 3 months before the start of the championship).
  1. Seeding shall be used for the/
    1. Open and Youth National Teams
    2. Open and Youth Interclub Teams
    3. Masters LWCs.For pool events, competitors' times at competitions **within the period** beginning with the first day of the last LWC to the entry deadline for the forthcoming LWC, **shall be submitted** on the entry forms.
  2. **Times are required** to enter for both individual and team events.
  3. Competitors and teams shall be ranked according to their entry times. An entry time **may be updated** on the entry system up **until 48 hours prior** to the commencement of the first day of the LWC being entered.
  4. The Entry System **will not allow an entry** to be completed **without an entry time** being submitted or if the entry time is **slower than the Entry Guide Time**. Further, Team Managers are requested not to enter an athlete if they cannot achieve the Entry Guide time.
  5. Any entry times submitted that **are faster than the ILS World Record** as at the close of normal entries **shall not be accepted** and the competitor or team will not be placed in a seeded heat.
9. **Masters entries MUST also be completed by a team manager if there is more than 1 athlete from the same club.**
10. Interclub events = athletes/teams participating for their club e.g. AUS - AUS - Alexandra Headland Surf Life Saving Club.
11. National events = athletes/teams participating for their nation e.g. AUS – Australia.

### How to access entries

1. Go to [Lifesaving World Championships 2026: LWC2026](#) and Enter under "Registration"
2. You will be taken to The [Life Saving World Championships 2024 on LiveHeats \(Events - Life Saving World Championships \(LWC\) 2026 | Liveheats\)](#)
3. Select the championships you wish to enter for.
4. *You will need to enter individual and teams separately, the process of which is explained in the following guides.*

### General remarks

1. Based on your information, it's possible that **you cannot choose an event**. Probably you **made a mistake** in the registration process. Some examples:
  - a. DoB 2026: you will not be able to enter any event. You are too young!
  - b. DoB 1996: you will not be able to enter master's age group 35-39 and older.
  - c. Gender women: you will not be able to enter women events
  - d. National teams: entered 2 athletes in an event, you will not be able to enter a third one.
2. If you encounter any problems with the registration, contact us on [info@lifesaving2026.com](mailto:info@lifesaving2026.com)

### Therapeutic Use Exemptions (TUEs)

1. Athletes with illnesses or conditions that require to take particular medications or undergo procedures should check if the medication or method happens to fall on the World Anti-Doping Agency's (WADA) Prohibited List, a Therapeutic Use Exemption (TUE) may give that athlete the authorization to take a substance or use a method that is prohibited. Applications for TUEs are reviewed by a panel of experts, the **ILS TUE Committee**.
2. **What are the criteria for granting a TUE?**

All four following criteria must be met:

  - The athlete has a clear diagnosed medical condition which requires treatment using a prohibited substance or method;
  - The therapeutic use of the substance would not produce significant enhancement of performance;
  - There is no reasonable therapeutic alternative to the use of the prohibited substance or method;
  - The necessity to use that substance or method is not a consequence of the prior use (without a TUE), of a substance or method which was prohibited at the time of use.
3. **Who should apply for a TUE to ILS, where and when?**
  - First, check if the medication or method you intend to take or use appears on the [Prohibited List](#).
  - You have the responsibility to inform your doctors that you are an athlete subject to doping control, and your doctors should check the Prohibited List whenever they prescribe a medication / method to you. If the substance / method is prohibited, check with your doctors if there are any alternative treatments that are not prohibited. If not, you have to apply for a TUE.
  - **If you are an International-Level Athlete** (= National team Lifesaving athletes that represent [the top 15 nations based on the previous World Championship results](#).) you should apply for a TUE **at least 30 days before your next competition**.

If you already have a TUE granted by your National Anti-Doping Organisation (NADO):

Your NADO's TUE is only valid at the national level, and you must submit a request for recognition by ILS of your TUE.

- **If you are NOT an International-Level Athlete**, ILS recognises a valid TUE granted by your NADO.

#### 4. How to apply to ILS for a TUE?

Please download the [TUE Application Form](#), and once duly completed and signed, send it together with the required medical file to the ILS Anti-Doping Administrator at [hq@ilsf.org](mailto:hq@ilsf.org).

Your [TUE application](#) must be submitted in legible English using capital letters or typing.

The medical file includes:

- A comprehensive medical history, including documentation from the original diagnosing physician(s) (where possible),
- The results of all examinations, laboratory investigations and imaging studies relevant to the application.
- If the medical file is not in English, a summary explaining, in English, the key elements of the diagnosis, clinical examinations, medical tests and treatment plan must be provided.

#### 5. How to submit a request for recognition of your NADO's TUE to ILS?

Your request for recognition must be submitted using the copy of your NADO's TUE certificate, application form (in English) and supporting medical file. Please send it to the ILS Anti-Doping Administrator at [hq@ils.org](mailto:hq@ils.org).

It is not necessary to translate all medical information into English. However, an English summary explaining the diagnosis and key information about medical exams, medical tests and treatment plans is required.

For the complete information, please consult the ILS website under Competitive Lifesaving – [Anti-Doping](#)

### What about the equipment

#### 1. Equipment related to the conduct of the championships

##### a. Wristband Liveheats (5€)

- i. Each competitor (ocean events) must have a unique customized wristband LWC 2026 to enable to marshal for each ocean event.
- ii. For all other disciplines (pool, surfboats and/or IRB) a wristband is optional.
- iii. There will be a possibility to order additional wristbands at an additional cost.

##### b. High visibility vests (20€)

- i. The unique customized high visibility vests LWC26 (Engine) are being supplied for competitors.
- ii. At least 1 high visibility vest per person is mandatory for all ocean events (except surfboats and IRBs)
- iii. There will be a possibility to order additional high visibility vests at an additional cost.

2. Wetsuits:

- a. The ocean water temperature in November/December at King's Beach - Nelson Mandela Bay is +20 degrees Celsius.
- b. The temperature at the competition pool (Newton Park Pool) will be around 27 degrees.
- c. The average air temperature is around 16 degrees minimum to 23 degrees maximum.
- d. **As such, wetsuits will not be required for the LWCs other than for IRB LWCs where they are recommended.**

3. Pooled equipment

- a. Surf craft is available to use prior to and during competition at LWC26.
- b. Using the following link will take you directly to the **booking page** <https://raceone.com.au/pages/lwc2024> If you have any questions, simply click on the link on the booking page.
- c. Ocean:
  - i. Carbonology, Fenn and Kracka will supply:
    1. 24 skis with paddle.
    2. 24 racing boards.
    3. During the competition days.
  - ii. We are pleased to advise that LSA and the LWC 2026 LOC has purchased 24 pooled skis, boards and paddles **to provide competitors free access to competition craft during ocean competition**. This craft has been purchased from Carbonology, Fenn and Race One who will manage the onsite use of craft and other pool equipment (manikins, rescue tubes and throw ropes supplied by Wetiz) including a security bond which will be held until the item is returned in good order.
  - iii. All craft is brand new and manufacture is completed with the equipment ready for use.
- d. Pool:
  - i. Equipment will be provided for pool rescue including manikins (Wetiz), rescue tubes (Wetiz) and throw lines (local). This will be made available in the competition pool during competition and official training sessions only.
  - ii. We are working on making additional equipment available to hire for training at alternate venues and this should be available on the website in the coming weeks.

4. Staging area

- a. A secured staging (with fencing) will be available.